



Miss Hall in the Proper Costume for Outdoor Exercise.

EXERCISE PERFORMS WONDERS FOR WOMEN.

Only Road to Perfect Health,
Says William Muldoon.

"If you want to retain your beauty and at the same time be healthy and happy, take lots of outdoor exercise."

This is the advice that William Muldoon, the great trainer and athlete, gives to all women. According to his ideas women are just as much in need of outdoor exercise as men. He believes that the same general laws of health apply to womankind the same as to man, and that what is good for one is certainly good for the other. He believes further that if the society belles whose beauty scarcely outlives their teens were to get out in the open air and exercise temperately they would retain their charms until well into middle age. He does not mean they should ride twenty-five or thirty miles a day on a bicycle alone, but that they should pick out those exercises which would benefit all parts of the body.

Up at White Plains Mr. Muldoon has a place where he makes men over. There the man who is worn out in mind and body as a result of overwork or of intemperate habits may go and by taking the right kind of outdoor exercises under competent directors and observing the proper rules of diet he may leave in a short time with some of the strength and vitality of youth.

Just to see what Mr. Muldoon's making-over process was like and to get his ideas on the right kind of exercises for women, Miss Josephine Hall, at the suggestion of the American Woman's Home Journal, visited the famous athlete's place last week.

"It is exactly the same with a woman as it is with a man," said Mr. Muldoon. "She cannot go on disregarding the rules of health for years, taking little or no exercise except that gained in the waltz or perhaps on the bicycle and expect to always be a well woman. It is absolutely impossible. Women require physical training just as well as men. Outdoor exercise will improve their temper, preserve their beauty and bring them perfect health. They do not have to exercise all the time. All I suggest is proper work with the dumbbells, a brisk walk in the open air, a good horseback ride, a little exercise in the way of skipping the rope and perhaps a half hour with the leather ball."

"I will show you just what I mean," said Mr. Muldoon. "Come out in the yard and I will put you through the exercises that I would prescribe for all women."

MULDOON'S ADVICE TO WOMEN.

Editor Woman's Home Journal:

It is, and always has been, my opinion that women require physical training just as well as men, either in a greater or a less degree, as the case may be. Womankind is subject to the same general conditions of health, and the laws that govern the human family, as man, and there is no reason why she should not take advantage of the same methods of restoration, rejuvenation and physical improvement that have been found to be beneficial to him.

Of course the surrounding circumstances in the matter of training women must be considered, and the method must be to the best end, when all things associated with the treatment are calculated. In other words, the same plan of physical development would not do for all, and in detail it would vary, resulting, however, in great good.

Too often do we see the results of neglect among American women. In youth they are not unfrequently beautiful, glowing with all the vitality and buoyancy of girlhood, but a few years in social life, five or six years of indolence, little or no real exercise, and before they are thirty they have lost the beauty of their teens, taken on unnecessary fat, and become "former belles of their set."

On the other hand, those same women might have retained their color, figure and sturdy health had they taken the proper exercise and physical training and subjected themselves to some system found to be what they required by some one familiar with such things.

Actresses particularly should care for their



Jumping the Rope to Strengthen the Knees.

SHOULD TRAIN JUST AS THE MEN DO.

The Great Athlete Shows How
to Get Strength and Keep It.

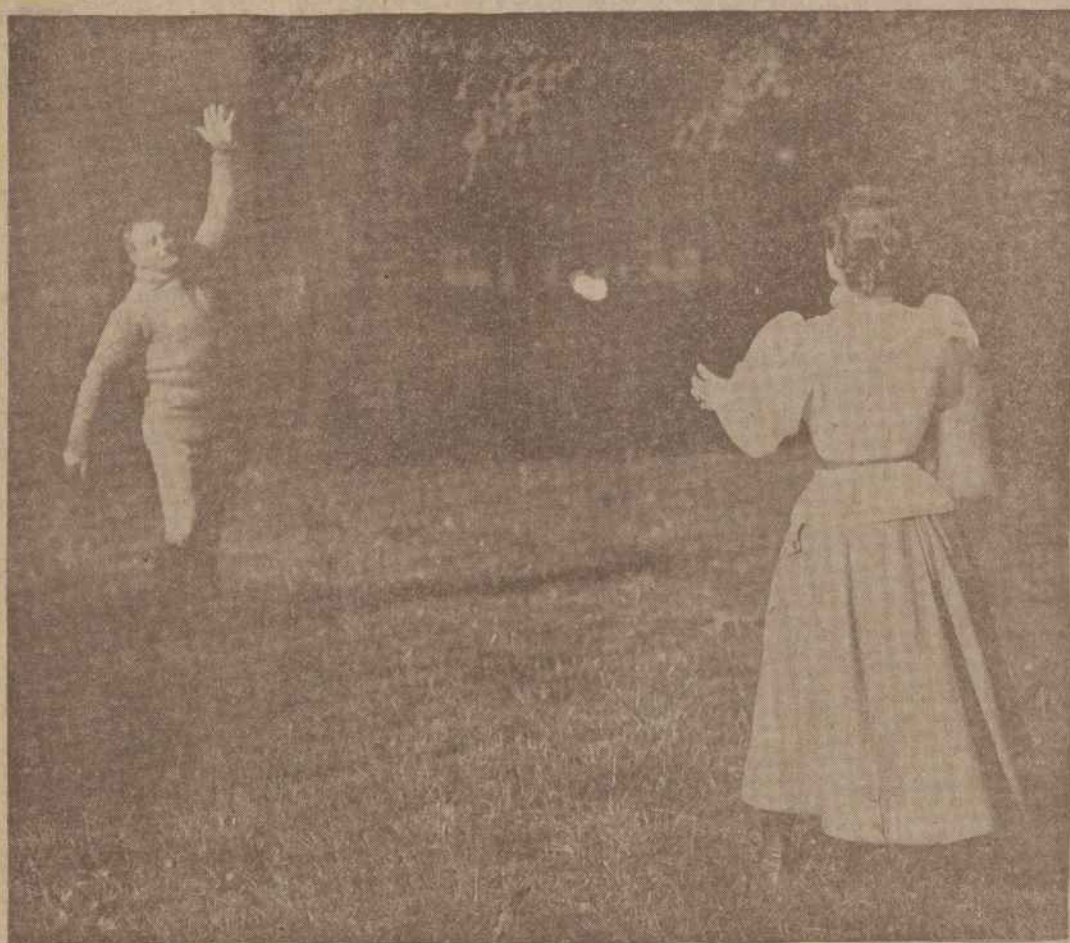
Miss Hall went, and under the direction of Mr. Muldoon she jumped the rope, exercised with the dumb bells and the medicine ball, and took a good long walk at a rather brisk pace. Miss Hall was used to none of the exercises, but when she got through with them a few hours later she declared that she hadn't felt so well in a good long time, and that she proposed to keep up right along the work begun that day.

Mr. Muldoon believes that jumping the rope is one of the very best forms of outdoor exercise. It takes off superfluous flesh much faster than running, puts strength in the knees and wonderfully increases the powers of endurance. He is also a firm believer in the liberal use of the medicine ball, which, as most people know, is about the size of a football, only it is round. It is thrown in much the same way as the football. The use of the ball in this way exercises the muscles of the stomach and side.

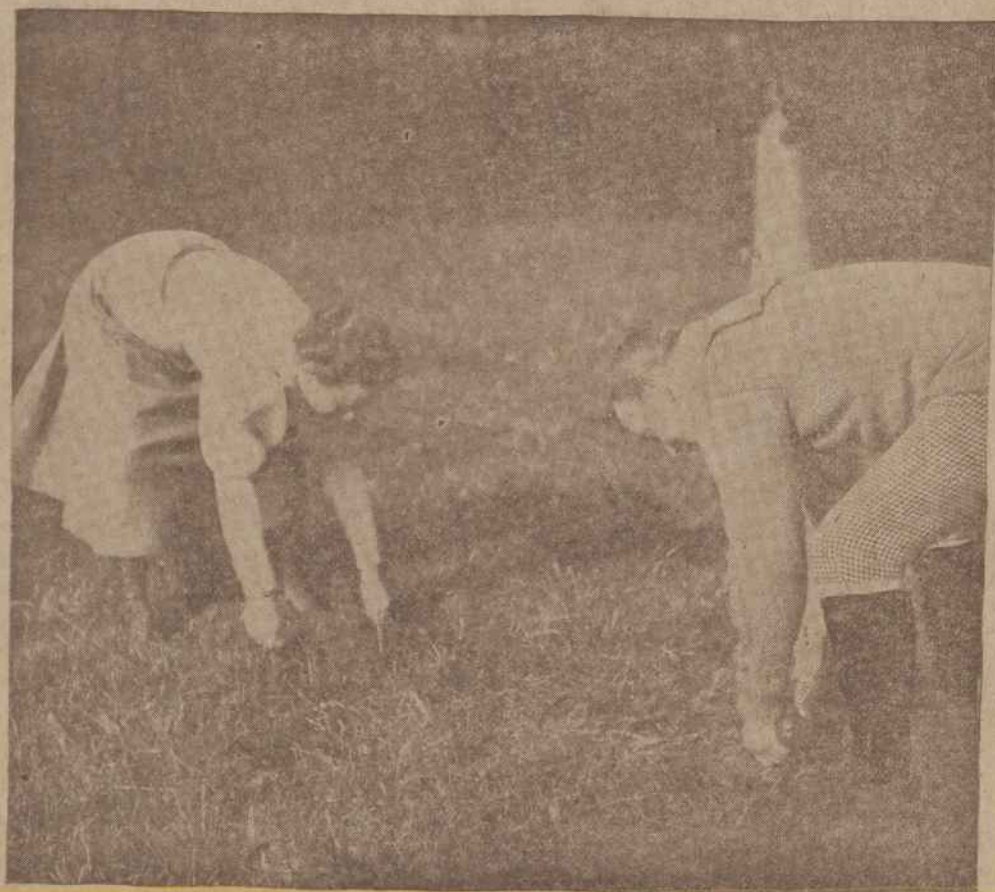
Mr. Muldoon also prescribes the liberal use of the dumb bells for women. It is one of the very best forms of exercise, according to his notions. Bending over until the bells touch the ground, and then raising them straight up as far as possible over the head, performs wonders for the human system. Bending over to the ground brings all the muscles of the stomach, back and waist into play, while the upward movements expand the chest, benefit the lungs to a remarkable extent, and tend to make the shoulders broader and stronger.

Mr. Muldoon would wind up all these exercises with a long walk—not the lazy, go-as-you-please sort of walk—but one that is lively and business-like.

And last of all, Mr. Muldoon declares that women cannot be too careful in the matter of dress when taking these exercises. They should wear some loose-fitting garment that will not interfere with any part of the body and give free action to all of the muscles. Of course, a sweater is inseparable from this sort of a costume.



Miss Hall and Muldoon Exercising with the Medicine Ball.



Lifting Dumbbells from the Ground to Strengthen Back and Stomach Muscles.

physical self, as the demands made upon them are so wearing that they are likely to break down early in their career, or long before they have done their best work. I make this particular reference because the strain of that profession is wearing upon a woman.

A domestic woman or a girl in society can also appreciate the qualities of training when she understands its value and appreciates the health it enables her to enjoy. In fact, the whole feminine race could with wisdom take more out of door exercise, thereby ridding the system of worn-out tissue and enriching the blood, and posterity would profit by it.

If women will go into the matter seriously, they will profit much by it, and the standard of their sex will be much improved.

WILLIAM MULDOON.



A Dumbbell Exercise That Expands the Chest and Broadens the Shoulders.